

SEI-DO-KAN

PRACTICE KARATE UNDER BLACK BELT
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All Clubs are Affiliated to the ALL BRITAIN KARATE-DO Association

SEI-DO-KAN

Karate

Magazine
& Oriental Arts



No 5

FEBRUARY 1967 3/6

Books

OBTAINABLE FROM karate magazine.

Coming soon...

NAKAYAMA, Dynamic Karate; more light on the Shotokan style of Karate. Karate Magazine will have news of this and other books on Oriental Arts.

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SMITH, Secrets of Shaolin Temple Boxing, 33/- post free

Please NOTE that some books take some time to arrive if sent from abroad.

Back numbers of KARATE MAGAZINE No. 1 and 3 still available at 3/6d plus 6d postage. We regret that there are no more no. 2 available at present.

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Editors: Paul H. Crompton, B.A.Paine

Hannyakai: Kim Wall

Actively associated with every known Karate group in the U.K.: A.B.K.A., S.K.A., K.U.G.B., B.K.K.

Cover shows Mr. Kono, chief Wado-ryu instructor for the Netherlands, at the All Britain Karate Championships, 1966 giving the coup de grace after a throwing technique. Photo by kind permission of Sei-Do-Kan.

THE LAST ISSUE OF KARATE MAGAZINE & ORIENTAL ARTS FOR THE CURRENT YEAR WILL BE IN THE NEW BIGGER STYLE. IT WILL BE OBTAINABLE THROUGH ALL NEWSAGENTS. PLACE YOUR ORDER NOW...

Editorial

KARATE ENQUIRY

The present edition contains a good deal of material on the enquiry into Karate and further developments following the letter printed in No. 4 of the magazine.

This is a most important matter for all Karateka and though it is not dealing with Karate technique as such we hope all readers will take it seriously and read the material from the A.B.K.A. on page 7.

JUDOKAN

The Judokan is to hold Karate classes on Sunday mornings and the chief instructor will be Bob Wignall. Details from the office of the Judokan.

FRANCE v. BRITAIN

M. Plee and M. Delcourt will be bringing a team over to take part in the contest and display at the Crystal Palace on 28th January, 1967 and this will provide everyone with an opportunity to see the invincible French team in action. We hope that this time will be the Waterloo of a group of European Karateka who have held their own on tour in Japan.

P. SPANTON

One of Britain's brightest hopes for the forthcoming match is P. Spanton of Honbu, a Wado-ryu stylist who has defeated and drawn with some of the French team in the past. He had recent cause for rejoicing as Mr. Suzuki awarded him a well earned 1st Dan.

Latest news from Hannyakai is to confirm that the Commissioners for Charities have accepted it as a registered charity. Kim Wall informs us that they are hoping to have close contact with a large Zen group in California who are concerned that Hannyakai should flourish in the U.K.

KARATE MAGAZINE

Will complete its first year of publication in March. To mark the occasion, the magazine is to increase its size and move into a much more polished layout and design. This first year has been one of trial and error in many senses of the words and now that it is established we feel a different approach is necessary.

ORDERING

The magazine will be obtainable and on sale on a nation wide basis and your newsagent can obtain a copy for your order or for your club. It is hoped that readers will take advantage of this pre-publication news to place an order at the local newsagent for this forthcoming bumper issue.

ARTICLES

We welcome your suggestions for articles in the new style magazine and will do our best to publish what readers ask for. Our research department is digging out much of interest and long standing value to print in series.

1967 will see the publication of

KARATE-DO by T. Suzuki, which will fill a gap long felt by the majority of Karateka in Britain. The publishers are unable to give an absolutely firm date of publication but readers will be informed as soon as we have news ourselves.

THE NORTH

Northern TV is particularly prone to drop "Karate" on several of its programmes. At the time of print the latest culprit is 'Coronation Street'. The young ladies' boy friends are doing it. She can look forward to a Karate Widow's life whilst he is out at the dojo in that case. And so can her friends.

If Northern viewers can drag themselves away from their sets for a while they will be able to see real live Karate at Manchester at the beginning of April when the Northern Championships take place.

NAKAYAMA

A new book from the pen of a well-known Karateka Mr. Nakayama is on its way to the U.K. and having seen pre-publication photographs we can say that it looks as though it will be every bit as good as the best-selling item by Nishiyama and Brown.

Further Karate books are brewing for 1967, including Mr. Plee's "From Beginner to Black Belt," an enticing title which we hope will live up to its promise.

SUMMER COURSES

We were hoping to publish details of summer courses in the current issue as many people may want to plan their holidays to include some time spent practising Karate and meeting new friends, but unfortunately it has been impossible to fix up venues so far ahead due to the great quantity of organisational work involved in the increased expansion of Karate clubs. Any news on this score will be published in the next issue. Club or Association secretaries are urged to communicate with us as soon as possible on this matter.

WOMEN

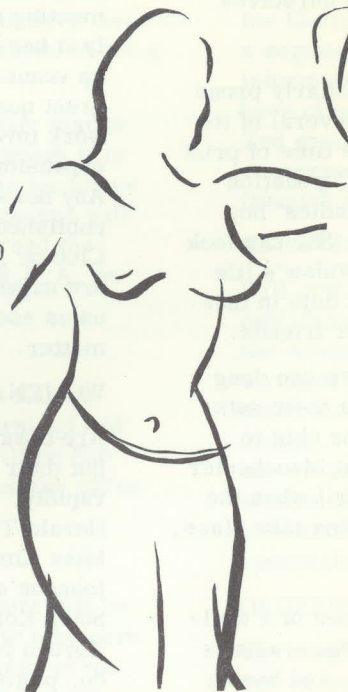
Are always an interesting topic but their role in life is expanding rapidly. Witness the New York Herald Tribune's description of Miss Kim Kyung-Soon, President Johnson's wife's bodyguard in South Korea. Black belt in the Korean form of Karate - Taekwondo, pistol expert and fencing champion. See our article on women East and West in this issue for more examples of the fair sex's changing place and behaviour in this modern age.

Honolulu Hip

A READER IN THE
SWAYING PALMS
HIPS SENDS THIS
INTERESTING ITEM
ROLE OF HIP AND
FLEXIBILITY.

THE PHOTOS
JAPANESE AND
PERFORMING
NIQUES THAT
PEOPLE ARE
DOING WHEN
COME TO TRY
ARE LIVING

THOUGH
NOT THE
WORST
CAN
HOPE



FAMOUS LAND OF
AND UNDULATING
DESCRIPTIVE AND
CONCERNING THE
GENERAL PELVIC

SHOW BOTH
BRITISH MEN
KICKING TECH-
MOST WESTERN
INCAPABLE OF
THEY FIRST
KARATE. THEY
PROOF THAT

WE ARE
WORLD'S
WE
SOON
TO BE

IF WE DO NOT LEARN TO *Twist* THE HIPS...

Mr. Carlos Chan sends this for us to "muse and enthuse over"...

Ever since the first missionaries made the first women of Honolulu cover their top halves, and unsuccessfully to ban the Hula, tales about the flexib. hips of Pacific gals and guys have been luring the curious to these islands. Look at any travel agency brochure, there they are. More clothes than in the old days but it still hauls them in off the ships and planes.

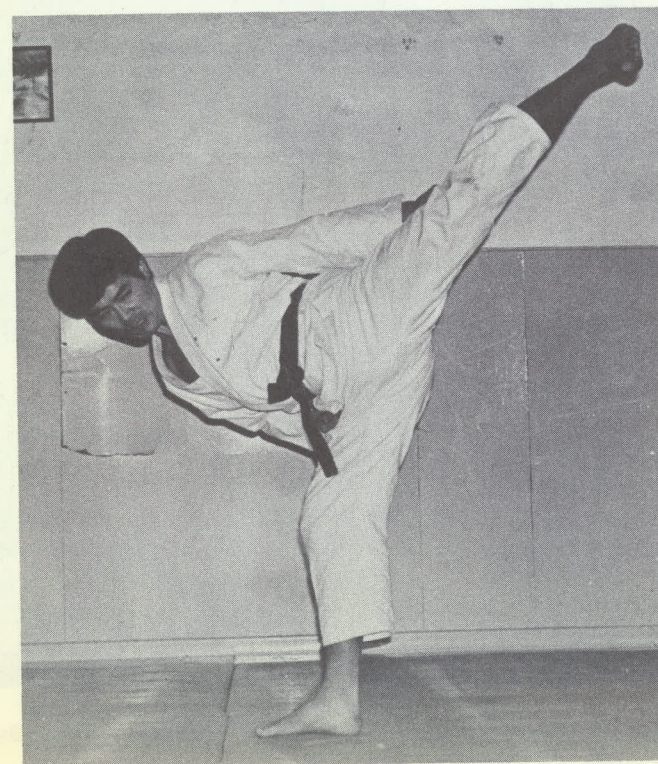
If you ever have the chance, take a look at a movie showing any Polynesians dancing. When you get used to the sight, notice his or her hips. Just take in how loose they really are. They vibrate, they're relaxed,

they don't give a damn. And that's just it. They don't give a damn.

But, and it's a big but, you know if you see any Americans from the mainland, they are stiff. But stiff. Sometimes when a tourist has had a few he will join in at a party; sort of gyrate a little, think that he really has got the message. He hasn't. What he has got is too much to drink.

However, he is in a sense on the right lines. He does not care so much what people think, he is not so bothered about any mistakes he may make. He also realises for the first time that he's got a pelvis. I remember a while back when someone "invented" that dance, The Twist. Over here we just laughed. We laughed for one thing because it had been going on here for hundreds of years, and for another thing it was all wrong. Instead of being relaxed and easy it was frantic, tense, and awkward in most cases all designed to pull a few stomach muscles.

(BELOW: Mr. Shiomitsu demonstrating in Edinburgh. Great flexibility of the hips. Photograph from Mr. G. Wright).



Now Karate is making the scene in a big way, and the hip question is coming up again. It's time some sociologist went into the whole business of pelvic consciousness in the western world, or some title like that. If you've grown up being worried about what went on below the belt, small wonder your hips are stiff. Even if someone came up with a solution to the problem, he would probably be shouted down by the indigestion pill manufacturer or someone like that.

In Karate, now, there's a way out. Take your Mawashigeri (we have put in the Wado or Shotokan terminology - Ed.) or your Sokuto kicks. No one with stiff hips can make them unless he wants to hobble around for the next few months from an overdose of hip strain until his hips relax. So, if sound in wind and limb, and your hips are tight - Karate for you pal.



T. Morris mawashigeri to J. Gillespie, Glasgow , Kobe-Osaka.
Once more hip flexibility required.



ALL BRITAIN KARATE-DO ASSOCIATION

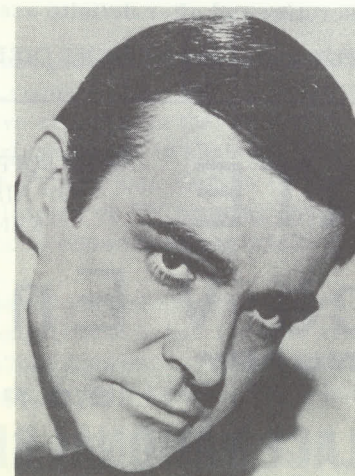
Following the success of the All Britain Karate Championships held in the Autumn of 1966, it has been decided in collaboration with M. Delcourt, President of the European Union of Karate, to hold a return France versus Great Britain match. Last March the French team defeated the British team, being a far more experienced group of Karateka.

The match will be held at the Crystal Palace on January 28th from 6.0 pm onwards. In addition there will be displays of Aikido, Judo, Karate and Kendo. Aikido will be performed by John Wilkinson, 3rd dan, the Judo by leading Judoka of the British Judo Association, and Karate by Mr. Suzuki, 7th dan, and other members of the A.B.K.A. Kendo will be featured by Roald Knutsen, General Secretary of the British Kendo Association and a resident Japanese instructor, Mr. Osaki, also 3rd dan.

Tickets on sale at the door.

Mr. Sean Connery, the well-known film actor, has accepted an invitation to take an honorary post with the All Britain Karate-do Association.

(see overleaf)



Following Mr. Somers' invitation to visit A.B.K.A. clubs, in view of his expressed concern over the spread of Karate, Mr. Bernard Braine, M.P. replied:

"The Question I am asking the Home Secretary is not directed at properly organised clubs. I myself am a keen supporter of the arts of self-defence but there are certain aspects of the matter which I would not have thought any responsible citizen could ignore."

HOUSE OF COMMONS, Nov. 1966

Mr. Somers and Mr. Braine discussed the matter further on Radio Newsreel and Mr. Braine said that in his opinion the A.B.K.A. clubs were bona fide clubs and splendidly run.

On the subject of an enquiry, Mr. Richard Taverne, Under Secretary, Home Office, said:

"What action we will take will depend on the enquiry, but any information would be gratefully received."

"It is encouraging to find that a number of Associations welcome the idea of an enquiry and are willing to co-operate."

It would appear therefore that the scare-mongers who spread mistaken ideas about Karate are in for a rude awakening now that the government is getting down to brass tacks...

Mr. Justice Glyn Jones, who presided at the trial which sparked off the present controversy and enquiry, replied that he was unable to discuss the case any further.

The ban by Associated Newspapers on Karate and Judo advertisements has now been lifted and the A.B.K.A. are sorry for any inconvenience to members of the British Judo Association and other Judoka who may have suffered from this temporary ban, but:

"A non member (of recognised group) would only be accepted under exceptionally severe scrutiny and after definite assurances as to his responsibility." DEPUTY ADVERTISEMENT DIRECTOR.

KARATE

WITH SUPPORTING DISPLAYS
OF AIKIDO, JUDO,
KENDO, KARATE.

France v England

28 TH JANUARY

6.0.PM

CRYSTAL PALACE NATIONAL RECREATION CENTRE LONDON S.E.19.

Big News Special

Mr. B. Goetz, 2nd Dan Shotokan, head coach for the German Karate Federation, affiliated to the J.K.A., was recently in England visiting dojos. His purpose is to enlarge contacts with Britain and arrange if possible a Germany v. Britain tournament. To this end he is holding talks with the Karate Union of Great Britain, who, up to the present time have not competed at international level. If they bring this meeting off, and win it into the bargain, it will be a feather in their caps, without a doubt.

In Germany there are 53 Shotokan dojos. Wado-ryu is also very strong there, says Mr. Goetz. There is a small sprinkling of Kyokushinkai.

JAPAN

Mr. Goetz spent three years in J.K.A. dojos in Japan and speaks the Japanese language well, a useful asset in the difficult task of communicating successfully with instructors.

One of the toughest periods of training he spent was at Hosei University and he gives this to any prospective trainees for Japan:

"From the point of view of sheer hard physical training, the University dojos are by far the hardest, whichever you visit."

Another instructive item from Mr. Goetz's experience was that he had seen people come to Japan with Black Belt gradings from abroad, confident that they would be recognised. Much to their surprise and disappointment they are in many cases told to put on white belts and to start from scratch.

Very few have the moral courage and determination to endure this demotion and stick to the rigorous Japanese training, but go off to other dojos of a dubious nature who are more liberal with their honours.

ROYALTY

Mr. Mr. Steve Arneil has gone to teach Karate to the King of Jordan, reports Bobby Boulton of the London Karate Kai. We hope he that returns safely in view of the explosive situation in that part of the world. The magazine PARIS MATCH devoted two pages to shots of King Constantine of Greece doing jiyu kumite with Prince Juan Carlos of Spain. King Constantine, has been seen several times on TV showing Tameshiwari using knife-hand but on this occasion he is shown breaking bricks with an elbow smash.

Emile J. Boin recently opened a Buddhist shop at 14, Monmouth Street, London, W.C.2. Amongst items he has for sale are Ikebana vases, Bonsai trees, books and Buddhist figures. He also undertakes Lacquer restoring, and has been taught by Seiji Kaneka, 86, a Japanese artist.

Mr. Kanazawa informs us that the Leader of the Liberal Democratic Party in Japan has accepted the post of new President of the Japan Karate Association. He is Mr. Kakuei Tanaka.



Ancient Japanese martial arts are becoming more and more popular among the younger generation. Girls are no exception. Some take them up as sports, while others regard them as a means of achieving spiritual concentration and tranquillity of mind—Zen in practice, perhaps. Here a young girl is seen practising Japanese archery.

orient·WEST MAN - woman

One of the best known physical oppressions of women was the binding Chinese girls' feet which the present century has seen come to an end. Mr. Lin Yutang saw in that just not a cruel custom of society, but the 'power of fashion over women.' Be this as it may, fashion from the west certainly smote both China and Japan with overwhelming force, though in present day China, we see from films that there is uniformity of dress, and that dress for women and men is very similar. But at least, as one observer put it, "though uniform, there ARE clothes for everyone."

We do not know yet though of any women in Japan who have been allowed by the popular entertainment world to outdo men in unarmed combat to the extent that Honor Blackman and her subsequent imitators did. From her leather-clad role in 'The Avengers' to her able antics in the hay with James Bond, she, and all feminine dangerwomen have caught the public imagination. How would Japanese men react to seeing themselves at the complete mercy of a mere woman?

Hard on the heels of Miss Blackman's TV emancipation of the mild, helpless female came the 'book of the film' routine, with Honor Blackman's "Book of Self-Defence", in which brothers Joe and Doug Robinson pose with

her in many situations, sometimes humorously posed, from which a woman might have to extricate herself. In the picture shown, she is obviously defending the man who is standing behind her from the man she is kicking away from her. She is also accosted in dark alleys, dance halls, park benches (in winter substitute settee or divan) and manages to deal with all these attacks with the utmost coolness. The expressions on the faces of her attackers make one feel that they should be actors too. But seriously, an interesting book from the point of view of suggestions for self defence and an indication of changing views about what women can and cannot do.

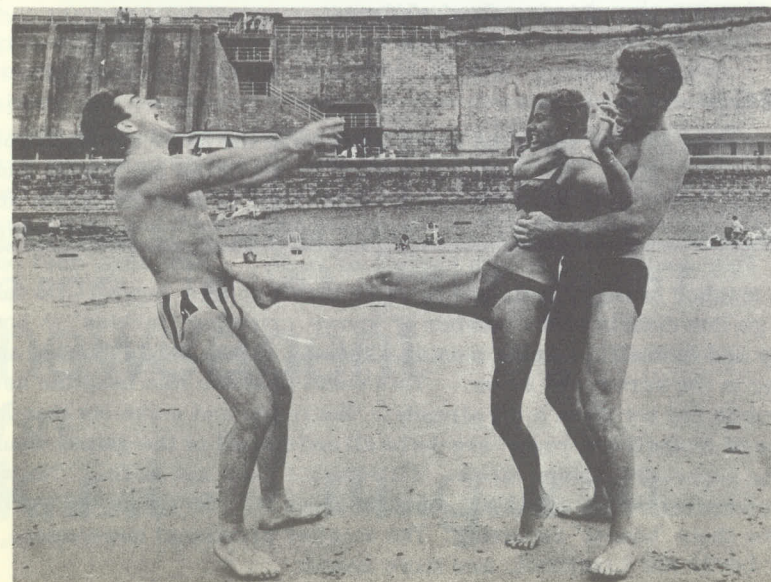
FEMALE ENTERTAINERS

Are common to all corners of the globe; the Geisha girl of Japan perhaps one of the best known. Willard Price says that they originated in the following way. During an earthquake and fire in Tokyo in the late 17th century, 'thousands of orphaned and destitute girls stormed the tea-houses, seeking jobs as waitresses. Competition was so keen that the girl who could sing dance, or sit acceptably on a man's lap, had a marked advantage over her sisters.' This was developed into an 'art' and the 'writers of the day deplored the nations dying morality.'

A final note on the East-West, Man-Woman relationship. An English lady with a feeling that she should 'enlighten' the Japanese, who, at the time, bathed quite naked in public baths, pointed out that they should be separated from each other if they were to wear no clothes. Swift to obey, her friends on the city council had a rope put across the centre of the bath with the naked men on one side and the naked women on the other...

Willard Price, The Key to Japan, Heinemann, 1946

Honor Blackman's Book of Self Defence, Deutsch, 1965, 20/- post free.



Information on the K.U.G.B. can be obtained from A.J.W. Clemens, 63-65 Hackney Road, London, E.2.

USA

Mr. Enoeda was in the U.S. during December touring East coast dojos giving instruction and demonstrations. He is expected to return in January, which will take some of the work off Mr. Kanazawa's shoulders.

Whilst in the States Mr. Enoeda won the American Karate Instructors' Championships, beating Mr. Kisaka, last year's champion.

Mr. Steve Krauss, 2nd kyu J.K.A., is at present studying a course at the University of Liverpool. Originally from Ohio, he learned Karate from Captain Charles E. Walden, 1st Dan, at the Ohio University Air Force R.O.T.C. Karate Club. Captain Walden received his grading from Mr. Nishiyama, the well-known writer and leading instructor in the U.S.

Mr. Krauss is playing a big part in building up good will for Karate in Liverpool. He and Mr. C.F. Mott are holding classes at the Gladstone-Roscoe Residential Halls, and there is wide interest in the University itself in starting a Martial Arts Club.

It was interesting to hear from an American some words on the public and press views of Karate in America. He told of an incident in which a man who studied Karate had been attacked first by a blow from a fist which he had blocked, and proceeded to get into his car. As he opened the door of the car, his attacker came at him with a knife. The attacker was knocked out. The Karate man was prosecuted and only just managed to get off on a plea for self-defence. Taught properly, says Mr. Krauss, a Karate student can be less of a threat than an untaught person who has usually no control over his reactions to physical danger.

PRESS

In America too, he says, the newspapers have the same irresponsible attitude as over here. He quoted an article in one of the big British Sunday papers, which consisted of simply a hotch-potch of sensationalism and very few facts. Newspapers are simply cashing in on public ignorance. They could not do it with football or rugby. How often does one see the number of rugby fouls and injuries blown up into 'news'? Do the papers go into details of the number of known crippling 'tackles' in both in rugby and football. Ankle tapping, kneeling in the thigh, butting and punching in the scrum and so on. This could be made into headline news if the public did not know it all already. But to try and make out that the violence of football and rugby are the be all and end all of the games would make the papers a laughing stock. With Karate they are safe. No one knows comparatively speaking, enough about it. So salute the worthy press for their 'honest' reporting. The smaller provincial newspapers, e.g. in Leeds and Liverpool, are more honest.

Letters...

T. McNally, Liverpool

Sir, I purchased your no. 4 issue the other day and I think you have a terrific magazine. I like the way you cover a wide section of the martial arts field, i.e. Karate, Bojitsu, Bonsai, Tai Chi Chuan, etc...

Sir, I have just read the December edition of your magazine and see there photographs of the British Karate Championships in it. I myself competed, ...would gladly purchase photographs from you if possible).

H.G., Edinburgh.

(For 20/- deposit we will send small shots of all our championship photos to anyone interested. Registered post deducted from deposit).

Sir, Having read numbers 1, 2 and 3 of your magazine I'd like to say... how pleased I am with them. The article by Frances Toner was most human, even to the slip of the pen regarding grades in judo... the overall picture was delightfully interesting, more power to her 'empi'.

(Miss Toner has since contributed but unfortunately for her admirers she assumed a pen name... Guess who?) Why did I take up Karate? It is quite simple really. I imagined the police taking away my automatic, flick-knife, knuckle dusters and steel toe-capped boots thus leaving me helpless against old people, women and children...

B.C. Fudge, Caerphilly, Glamorgan.

Sir, I am very much interested by receiving your magazine. I too study Judo and Karate... hoping to hear from you soon.

G.H. Hattinck, The Hague, Holland.

(Karate Magazine is now on sale in several overseas countries).

(The editors publish letters on the understanding that they do not necessarily agree with them nor vouch for the information contained in them. Many letters have been received about the A.B.K.A. grading syllabus. Mr. L. Palmer, the secretary, informs us that there has been a hold up with the printer over the syllabuses, and they are being re-printed now. If you have not received yours, may we ask you, on his behalf, not to ask for your 2/11d back, as it involves a lot of work re-mailing and delays things even more, and the syllabus will be sent as soon as it is ready. Thank you)

drop in at your local...
newsagent
for
k..r..t m..g..z..n

BOOKS **Mas Oyama KARATE**

Mas Oyama, say the publishers, considers the author to be "his best instructor outside Japan." (Before Bobby Boulton's time that is...)

This book is remarkable for the number of photographs compared to the text. In 216 pages the emphasis is placed on visual tuition with a minimum of explanation. Whilst this provides the 'reader' with plenty of pictures of Karate techniques, exercises, kata, and so on, it leaves him pretty much in the dark on background, apart from a short introduction.

For the reader who wants information then, it is not a good buy, but for a practical student it is full of ideas on technique, on general self defence using karate movements, and will serve as an aid to memory if one is absent from training for any reason.

Much that is in Mas Oyama's *THIS IS KARATE* is contained in it and as the price is 21/-, five times less than Oyama's own book, it has the added attraction of cheapness.

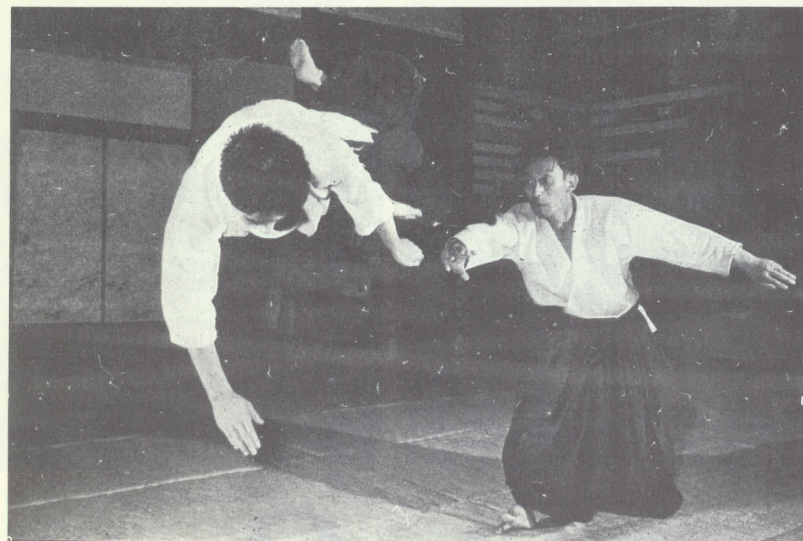
The brief four paragraphs on Jiyu Kumite (Free sparring) echo what the various Karate authorities in Britain are trying to din into the minds of all Karateka:

"All strikes and blows are to be pulled... The essence of Jiyu Kumite is to permit the Karate student a means to perfect his attacks and defensive techniques under conditions similar to actual combat."

SOUVENIR PRESS; 2nd printing; 21/- plus 2/- postage.



Karate Master Oyama and Instructor Bobby Lowe in a "Jiyu Kumite" pose.



AIKIDO by *Koichi Tohei*

The author of this book is one of those men whose very poor health in childhood led him to seek for a way of life which had some practical application; not mere speculation, but good health and understanding.

"He discovered however that though he could acquire knowledge by reading, it did not stay long with him..."

He turned to Zen, added to this Judo, and eventually found Uyeshiba, the originator of Aikido in its modern form, whose devoted pupil he became. He had found Judo too violent for the cultivation of KI, as far as he was concerned, for "though he was able to concentrate his thoughts at the beginning he could not beat a bigger stronger man... and his concentration vanished."

With Uyeshiba he found what he wanted, and this book is a clear and well photographed presentation of the techniques taught to him by the master. Photographs of Uyeshiba himself instructing and performing are included and it is plain that even at an advanced age it is possible to throw younger and stronger opponents.

An explanation in limited form is given of the concept of KI, and some practical directions with photographs of several tests which the reader can try out with a friend to see if the basic idea of relaxation leading to the release of KI does in fact "work". They do work.

SOUVENIR PRESS, 42/- post free.

Much has been written and spoken of Kung Fu. From rather dubious sales literature offering postal advice and tuition to the Daily Mail 'enquiry' which was more journalistic than scholarly and impartial. Kung Fu is also described as a way of life, which began in China, about 5,000 years ago, and called Fu Shi. Originally a health giving practise it was concerned with medicine, herbs and breathing, and linked with a nature worshipping dance ritual. Bodhidharma, the Buddhist missionary from India has been credited with introducing it into China, but it is claimed that Poti Tamo, his Chinese name, could not have done so as he came to the country in 500 A.D. The main aim of Kung Fu is not fighting therefore but a system of inner co-ordination which some have compared with Indian Yoga. Whether it is the same as Tai Chi Chuan, or is superior to Karate, is at the moment a matter of speculation, and argument.

KUNG FU



BUDO



WE CONTINUE OUR ARTICLE ON THE BACKGROUND OF THE NEW FILM "YOU ONLY LIVE TWICE"...

Mr. Nakajima has much of interest to say on the Martial Arts of Japan. Archery, Kyudo, was used, he points out, to develop correct posture and to train the eyesight. In horse riding was found a means to develop the hips and waist. (This will remind Karate students of the unusual stances which they are asked to take; legs wide apart as in riding a horse).

Kendo taught the proper use of the right leg, and handling a spear, correct use of the left leg. From Bojitsu - stick fighting - came the ability to move correctly to right and left. Proper grip, and a strong grip, came from these arts, and in Kendo the extensor muscles of the body are particularly exercised; and in Judo the flexor muscles.

The Ryushin school which Mr. Nakajima has founded teaches all the martial arts, endeavouring to give its pupils an understanding of the basic teachings of true Budo. Ryushin means 'the soul of the willow' which offers no resistance but bends in the wind's force. Judo, to his students, is described as fencing without a sword, and fencing defined as judo with a sword.

Mr. Nakajima in demonstrating his techniques of Kendo moves with great speed and lightness. Though nearing 60 years old he has retained a muscular elasticity and deftness which is the envy of much younger men.

The photographs below show:-

Mr. Nakajima in conversation with Charles Mack.
Kneeling: Mr. Knutsen, Mr. Osaki, Mr. Toide.
In action performing a cut to the head, Mr. Osaki and Mr. Knutsen.



DONN DRAEGER, a former American Marine Corps major, who is a master of all the ancient Japanese hand-to-hand martial arts, instructs SEAN CONNERY in Jojitsu. "YOU ONLY LIVE TWICE", directed by

Lewis Gilbert, is based on the best-seller by Ian Fleming. It is an Eon Production in technicolor and panavision for United Artists release. Produced by Albert R. Broccoli and Harry Saltzman.

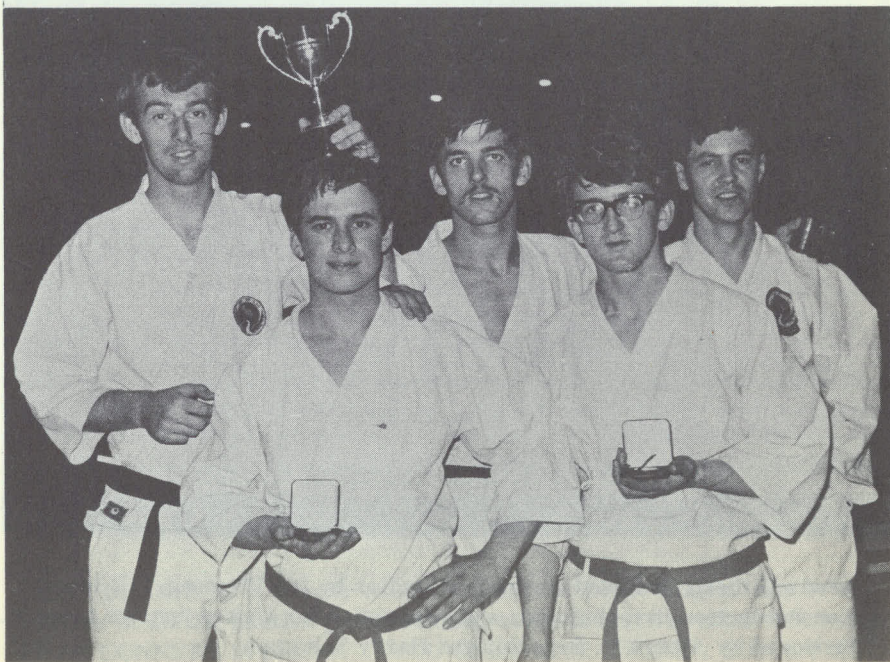
TETSURO TAMBA THE "NINJA" HEADMAN

The name TAMBA is one of the oldest in Japan - there is a district called Tamba - and it was in the old family castle that Tetsuro Tamba was brought up. As the youngest son, by Japanese tradition, he was to receive no inheritance. It was expected that he should make his own way in the world. It is quite often found in Japan, particularly in aristocratic families that the father will instruct his son in the martial arts. By the time that he was seventeen he had become 1st Dan in Kendo and Karate.

TENSINMEGEN-RYU KARATE

This is Tamba's style of Karate, which is associated with the Ninja, and the elite of the Samurai. It is perhaps the oldest style of Ju-Jitsu.

"A Ninja was a very special Samurai. He was a sort of seventeenth century assault commando. At that time the defences of the castles belonging to the war lords were very difficult and intricate. But a Ninja could slip through the various obstacles under the cover of darkness and penetrate the inside of the fortress. If he was successful he could open the gates and let the rest of the army in. In the film we show some of the techniques a Ninja would use in such an assault. He is dressed in a single tight-fitting black garment which covers him entirely apart for slits for the eyes and nose. In this he learns the art of being invisible. The word NINJITSU means the art of stealth or invisibility. In the film he is equipped with all sorts of gadgets, but in the old days he would be completely unarmed except for perhaps a quarter-staff. Other weapons would be useless to him for they would be bulky and make too much noise.



"The staff is used in a similar way to Bo-jitsu. In Tensinmegen-ryu Karate the stance is similar to the way one stands with a quarter staff. This style of Karate is attack Karate. In many ways it is quite different from other forms. In China Karate was really a form of exercise performed by the monks after hours of meditation. In Okinawa the style is designed for defence and not for attack."

The growing interest in the martial arts in this country comes as a surprise to Mr. Tamba. He was a delighted guest at the recent all-Britain Karate Championships and was genuinely impressed.

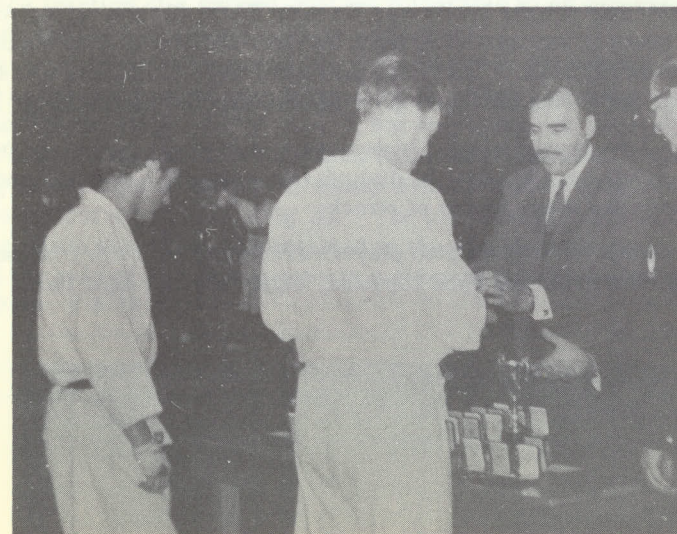
"For me," he said, "there was so much body contact that I thought someone would be hurt. In Japan it is considered very bad to make contact in this way. Also I found the stance of British Karateka awkward and bad. But all this can be improved with time, and you have already achieved a great deal. The most important thing at Crystal Palace this year was the strong Karate spirit."

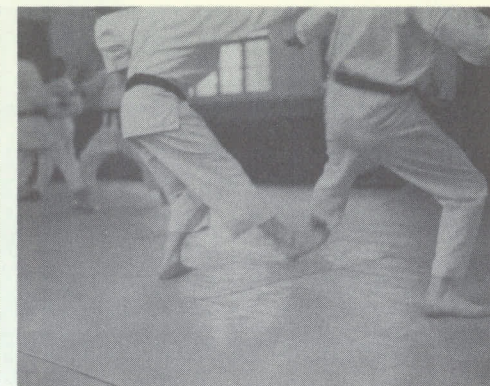
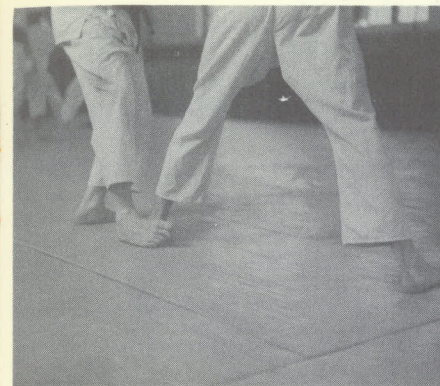
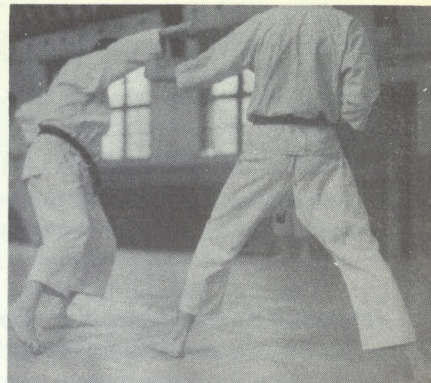
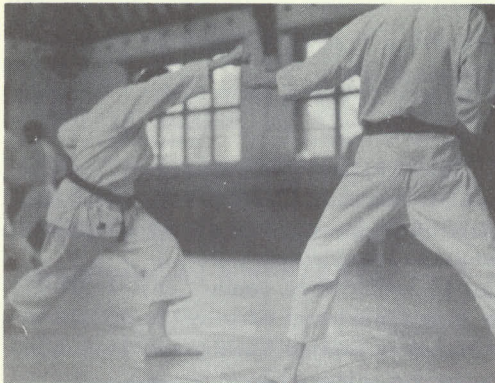
OPPOSITE: The Manchester team from SEI-DO-KAN, who won the team event. The names of the men who are full of strong spirit:-

(Left to right)

Martin Stott, 1st Dan; Roy Stanhope, 3rd Kyu;
Daniel Connor, 1st Dan; William Taylor, 6th Kyu;
Jim Pritchard, 7th Kyu.

BELOW: Monsieur Delcourt presents the senior award to Fish and to Connor, the runner-up. The be-spectacled gentleman on the right of M. Delcourt is none other than Leonard Palmer, the Secretary of the A.B.K.A. We are preparing a full face portrait of Mr. Palmer for a future occasion, so for the moment this minor photographic scoop must suffice.





Judo Technique in Karate

(PART TWO OF CHARLES MACK'S ACCOUNT OF LEARNING KARATE IN JAPAN, WHEN ALREADY A STRONG JUDOKA)

The throwing technique which I decided would lend itself to throwing without grabbing with the hands was De Ashi Barai (Sweeping the Advanced Foot), a classical judothrowing trick and one which was also popular with high grades at the Dojo. They used the flat or sole of the foot and NOT the inside edge of the foot nor the top of the foot nor the instep. (Fig. 3)

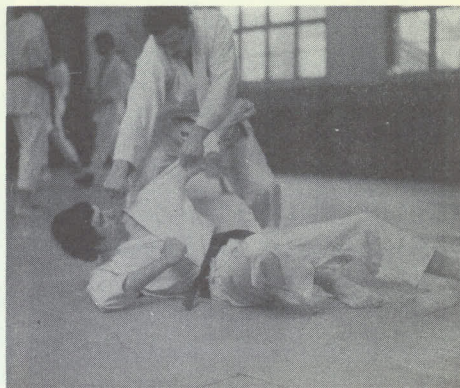
This is a technique which I have used successfully in Karate both as a throwing technique and also to disturb the opponent's posture and create opportunities for other forms of attack.

I describe it here when both players are facing each other in the orthodox stance - left foot and hand forward, right foot and hand back.

If both players are fairly close to each other, De Ashi Barai is comparatively easy to bring off. Pivot on the ball of the left foot so that the heel of this foot moves toward your own right. The ball of the foot does not move from its original spot. This pivoting movement is the same as the one used when bringing the back foot in front to do Yoko-Geri. Whilst pivoting, two other important actions should be being done at the same time. The right hand starts going forward and the left starts coming back. The second action is to bring the right leg forward in a powerful movement coming from the right hip.

At this stage of the trick be on the alert for an attack from the opponent because it is here that you are turning square on to him. Though this lasts for a mere fraction of a second, you are vulnerable to an experienced man who might just be waiting for such an opportunity.

Next, you continue to bring the right leg past the left leg in a small circular action out to your own right. (Fig. 2). This circular movement should not be too large, for if it is, it not only requires too much time to do but it also opens you up to an attack from your opponent. Keeping the right leg as straight as possible, sweep with the flat of your foot the heel of your opponent's left foot. (Fig. 3). The place on the heel where one's sweeping action should be concentrated is the spot between the back of his heel and the side of it. One sweeps in a diagonal direction across his own front. (Figs. 4 & 5).



As points are not awarded for throwing in Karate, one must follow up with a striking technique. In the case of a powerful, well-timed De Ashi Barai, the opponent will be thrown right in front of you. Grab his sleeve to control his movements and deliver a punch towards the face, controlling the blow so that it stops short. (Fig. 6).

If possible, prevent the opponent from turning on to his back where he is in a position to use kicking techniques from the ground.

In conclusion I should like to say that any ambitious Karate player who does not give quite a reasonable portion of his training time to practising De Ashi Barai is not being quite fair to himself.

Charles Mack, Karate 2nd Dan JKA, Judo 5th Dan Kodokan
Aikido 1st Dan Uyeshiba's Dojo, Tokyo
Chief Instructor London Karate Club, Holborn.



The following letters have been received by Hannyakai from Ryutakuji Japan. The first is from Soen Roshi, the Zen Master in charge of the monastery:

"I believe that the Buddhist Dharma is Eternity. The link, which is Hannyakai, will bring the people together under Zen Buddhism in England, and the aims will be accomplished. Sochu Osho is the most suitable monk to lead Hannyakai in London, and I hope that the flower of Zen will blossom in England under Sochu Osho's instruction."

The second is from Sochu Osho, the man who is coming to London in July 1967 to give instruction:

"...I am very glad to learn that 'Hannyakai' has been founded in London and that the people who are interested in Zen Buddhism plan to meet together in order to practice zazen.

...I trust that you will some day realize that wherever you are, full rays of Buddha are on you; at your feet, on your hands, eyes, ears and in the whole nature; over mountains, rivers, and the whole earth. I am sure that when you realize this, you will find peace of mind and be able to lead a happy life with a thankful heart."

Hannyakai has received a letter of greeting and congratulation from friends in Hungary, who hope to receive further news of the movement.

Mr. Wall reports very favourable responses from Budoka of many different clubs. The lengthy process of registering Hannyakai as a charity is progressing steadily, and confirmation is expected early in 1967.

A late karate line-up

For once, mass media in the form of BBC 2's "Late night line-up" gave representatives of Karate a chance to discuss their own case, and escape from the muddled, sensation seeking presentation of the newspapers.

Mr. Bernard Braine, MP, Mr. T.P. Leggett, one of the highest ranked non-Japanese Judoka in the world, and Mr. L. Palmer, the secretary of the A.B.K.A., discussed Karate from many points of view. Mr. Leggett is also a well-known authority on Budo and on Japanese attitudes to Judo, Karate and so on.

Before the discussion, faceless voices of Karate students were heard giving brief opinions on Karate:

"It develops the nerve and, above all, it develops what we call in this country, character."

"I feel quite nervous, particularly on dark nights."

"They (the Press) don't know anything about the mental aspects of it. In Karate one uses one's mind."

"I always had a terrible temper - up until about 18 months ago - (when took up Karate) - but since I have never ever lost my temper. I don't think I have ever even raised my voice to anyone."

Mr. Palmer agreed that an enquiry, such as was suggested by Mr. Braine, was whole heartedly supported by Karate groups. They did in fact welcome restrictions on the teaching of Karate to recognised clubs. He also pointed out that the public image of Karate depended for the most part on the press, who had given it 'a considerable slamming.'

They had also attacked Mr. Suzuki in what might even be described as a 'libellous' fashion, without going into the facts about Karate, asking questions which, to a Japanese who does not understand the language very well, can easily be loaded whilst he accepts them at their face value.

Mr. Braine asked Mr. Palmer if he would welcome a system such as the Boxing Board of Control or the Amateur Boxing Association have, to which Mr. Palmer replied that all the Karate groups wanted was to be given the opportunity to form such an organisation.

How could Karate groups, as they claimed, detect the presence of an 'undesirable' person in a club; someone whom one would suspect of using Karate for criminal purposes? The sport itself detected people like that.

"The type of person who is a thug or a hooligan is not prepared to spend many months of training, three nights a week at least, to reach a high standard... He does it a couple of weeks or a month and out he goes, you see.'

T'ai Chi Chuan

CONCLUDING OUR REPORT OF THE LECTURE
BY MRS. G. GEDDES, WHO STUDIED IN CHINA

Breathing becomes deeper in the practise of Tai Chi Chuan, and the thoughts freer. One has the impression that the movements are done for one, rather than doing them oneself.

The aim is to acquire energy, without tenseness; strength without hardness, vitality without nervousness. One must approach it with caution, but it is possible to accept the Chinese character of the Tai Chi Chuan.

Tai Chi Chuan, says Mrs. Geddes, can prepare the soil within one, so that the seed of creativity may grow there.

ORIGINS

Chang Sang Feng is said to be the originator of it. He lived between 1260 - 1360 A.D. He was a Taoist monk searching for the elixir of life. Leading a secluded life he also studied alchemy and spent 35 years developing Tai Chi Chuan. One of his inspirations - remember the snow on the tree branch for Judo - was a contest between a serpent and an eagle. The serpent drew back in its defence, but the eagle exhausted itself in fruitless attacks and was defeated. This technique of drawing back was adopted by Chang Sang Feng.

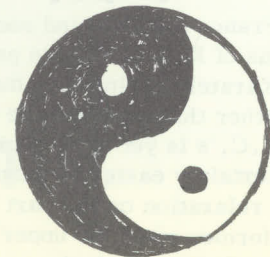
Until the end of the 18th century, little was known of Tai Chi Chuan. There are three schools. The Yang school, taught by Mrs. Geddes, the Sung school for men, using big movements, and a third school for women which has small movements, and gentler.

Tai Chi Chuan can be used for self-defence and then it is called PA-KUA. The so-called Boxer Rebellion at the end of the 19th century got its name from the many PA-KUA and Tai Chi Chuan members.

The symbol of the Tai Chi Chuan is a circle. For Pa - Kua it is an octagon, showing a circle broken as it were in eight places.

Ten years of hard work are needed to reach anything really definite in Tai Chi Chuan.

(Note: The Tai Chi Chuan chart in no. 4 is now out of stock and out of print. Please do not order further. When available again we will publish the news



Karate Championships...

Mr. D.M. Connor of the Seidokan Clubs writes that the Northern Championships are to be held at the Free Trade Hall, Manchester. A tentative date is April 1st, 1967, to be confirmed.

The exciting thing about these championships is that the first Free Kata Competitions in England are to be held during the championships. Scotland has already has Kata Competitions in the autumn of 1966.

This will be an excellent chance to show the public something of a different kind where Karate is concerned. Kata displays by the Japanese experts have never failed to produce awed silence followed by thunderous applause, in this country.. British Karateka cannot hope to live up to this example of skill, controlled movement, grace, power and concentration, yet. But the competition will certainly indicate how seriously we in this country take a side of Karate which we are always stressing when we talk of it. "There is a mental side to Karate," we say. In April there will be an opportunity to prove it.

In France and Scotland some exhibitions of Kata have been performed by Karateka stripped to the waist. Whether this form will be used at the N.K.C.'s is yet to be decided. It is certainly easier to judge tension and relaxation on the part of the performer when the upper part of the body is unclothed.

In France, the five Eian kata form part of the important section for qualifying for Black Belt honours. Mr. Plee and Mr. Mochizuki say that Gichin Funakoshi changed the Chinese name "Pinan" to "Eian" at the same time as he changed the word "Tode" to "Karate".

in the wilds of Manchester...

The best known exponent of 'breathing techniques' is "the legendary 'Cat' Yamaguchi" and teacher of Gojo Karate. Without asking for too much machine gun fire from ardent Budo fans, it is suggested that Messrs. Charles Atlas and Maxick, the 'isolate-one-set-of-muscles' expert were at least approaching some of the ideas and techniques of Karate 'super-power' when they developed their mind over matter techniques which consisted largely of concentrating one's mind on different parts of the body. Their aims were different but their mental approach was similar.

One of the most dynamic demonstrations of kata on film occurs in one of Toshiro Mifune's films where he defeats half a dozen opponent's attacking in such fast succession as to be almost simultaneous. He uses a sword in fact, but this still shows one, and only one of the purposes of kata training: to be able to meet and deal with several opponents attacking in a possible variety of ways.

Mr. Suzuki demonstrated this at the championships against numerous opponents, in slow and quick motion. In the type of woodbreaking where the wood is held in a rough circle about the performer, at several points and he breaks the different pieces with different techniques we have another illustration of the usefulness of kata practise.

Some of the movements in kata are not, says Mr. Suzuki, necessarily of use in combat. The final four movements of Pinan Nidan, before the Yamei, are partly for practise in blocking, but also for exercise in hip twist.

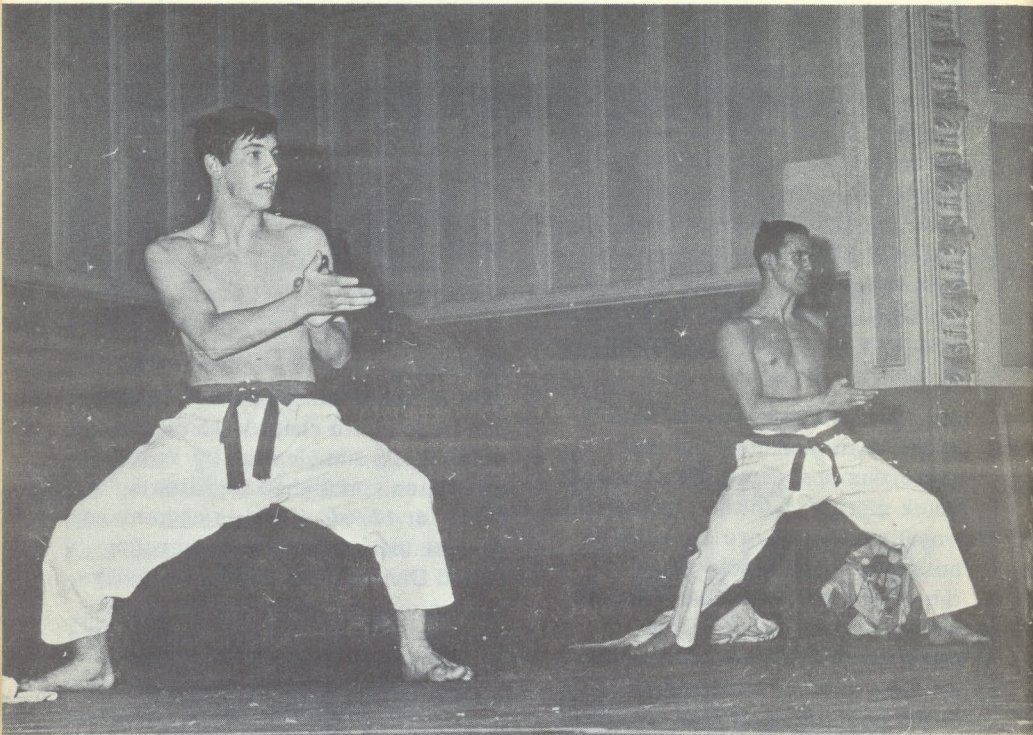
One interesting difference in the tuition of kata in Britain between Mr. Suzuki's teaching and that directed by Mr. Kanazawa is the question of breathing. In his demonstrations of kata, mostly Mr. Kanazawa at certain definite points in the performance breathes

audibly in a definite way, and also teaches this. Mr. Suzuki we have never seen do this, nor does he as far as we know mention the question of breath at all. A possible explanation for this may be that one teacher prefers any changes in breathing to occur 'naturally' whilst the other has different views.

Something which we feel must be akin to the mental approach to kata can be found in chapter 15 of the book, Yoga and Health, by Yesudian and Haich, published by Allen & Unwin at 12/6d. In this chapter an ancient Indian system of exercise called Dhandal and Bhasky is described in outline, and detailed directions given of some of the exercises. These largely consist of slow motion movements done with a good deal of relaxed concentration. To perform kata to the best of one's ability, some kind of practical instruction from the instructor on similar lines would seem necessary.

free kata

competition



(1) D. Ross and D. Bryceland in Scottish Kata Competition.



Woodbreaking in different directions by Wado team.



Kata training at Black-Friars JKA dojo.

nenriki

from p.12)

When Mr. Osaki and Roald Knutsen first proposed a new Kendo dojo to be located in London it was thought that it might be difficult to find sufficient members.

Within a fortnight it had nearly 30 members including five Kendo Dan grades. A recent visitor was Mr. Dick Oldden, Sandan, from New York. After him came Mr. Nakajima with his entourage of Budoka.

For Kendo we all practised with Mr. Toyoshima and Mr. Koide, both rokudan, from Tokyo.

Nakajima Sensei and his two students showed techniques of Shin-Shin Muso-ryu Iai - Drawing Sword and these brilliantly fast techniques with real blades proved fascinating to all spectators. Iai should never be attempted without proper guidance. The dojo has started a Iai group at the time of writing (late December) and this is fifteen strong, though real swords are not used at the earlier stages.

Mr. Toyoshima's style made it almost impossible to penetrate his defence. He seemed to know in advance how an attack would be made. Mr. Koide, on the other hand, avoided attacks by very fast footwork and returned them from a jodan position.

Mrs. Nakajima, skilled in four forms of budo, showed techniques of naginata-do (halberd), using a fine 17th century naginata from Roald Knutsen's collection. One must remember that in the match held each year in Kyoto between spear and sword, the spear is frequently the winner. Dick Oldden and Ben Hazard, 5th Dan Kendo, in California, assure me that the naginata is a most dangerous weapon to fight against.

During the coming year, the Nenriki dojo will be preparing for the visit from Tokyo of Dr. Itoh Kyoitsu, Kendo Hanshi, Hachidan, who is Mr. Osaki's personal mentor, at the famous Seijudo dojo.

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Mr. S...



Demonstrating with Mr. Shiomitsu, chief instructor of Kobukan Club.

From time to time we receive enquiries about Mr. Suzuki; how long has he been doing karate, where did he learn, what has he got to say about the origins of karate etc. In this issue we publish parts of a duplicated pamphlet which was distributed to a limited readership about a year ago...

Mr. Suzuki was born on April 27th 1928, in Yokohama and attended Nihon University, graduating with a degree in Economics in 1952. He became interested in Karate at the age of 14 and was taught by Hironori Ohtsuka, a close pupil of Gichin Funakoshi, the founder of modern Karate.

By the time he was 20, Mr. Suzuki had been graded to 3rd Dan. Finally he was awarded 7th Dan in 1965. It must be made clear that this is the highest grade in Wado-Ryu karate. Some newspapers have hailed him as the highest karateka in the world. Sheer misunderstanding on their part.

He is also 1st Dan Judo, 2nd Dan in Tenshin Koryu Bo-jitsu, or quarter-

staffs. Like many Budo teachers before him, he has found the rest of the world outside Japan very eager to learn. Consequently a Japanese pupil of Dan ranking is teaching in most of the countries of Europe, in the U.S. and in Hawaii.

Zen Buddhism enters Mr. Suzuki's study of karate, and he maintains that 'the word KARATE is derived from the doctrine of Zen, which aims at obtaining spiritual stability and absolute freedom from any evil thoughts.

'Therefore the final goal of Karate is exactly the same as that of Zen although their ways of achieving it are different from each other. In Zen, enlightenment is gained thro'

stationary meditation, whereas in karate, it is obtained by means of active and intensive movement.'

HISTORY

Mr. Suzuki subscribes to the view that early forms of karate, begun in India, were influenced by the men of the army of Alexander the Great, who were skilled in forms of combat derived from the Greeks. These would mainly have consisted of blows delivered by the arms as shoulder and arm development is pronounced in the West, the legs being neglected, comparatively speaking.

This mixture of techniques spread through Thailand, Indonesia and to China, each people adapting and so changing it; no doubt depending on their physique and mental outlook.

The Chinese philosopher Rashi suggested that the attacker's own force should be used to reduce the effort on the part of the defender to overcome an attack and this idea was used by Chinese Karateka in some of their moves. (Kenpo style Karate is sometimes labelled 'soft', as it contains more devious methods than are used in more modern and direct attacking karate.)

KIHON

These are the fundamentals of the art. Like fundamentals in other arts they are prone to neglect on the part of the beginner. He has this to say about Kihon:-

"It is very simple and monotonous, and one might find the practice of it very boring. But Kihon determines the overall efficiency of the arts of Karate. The art of relaxing and tightening the shoulders, the twisting

the waist and fists, and the balancing of the weight, cannot be learned without the practice of Kihon."

KATA

"Kata is a polished work of art embracing every possible movement of attack or defence and completely free of any unnecessary movement. It can be practised by anyone, anywhere and at any time, and is good for the health in that it exercises all the muscles and conditions one for the techniques of self-defence. It should be noted that the main purpose of Karate is self-defence and so all Kata begin with defence."

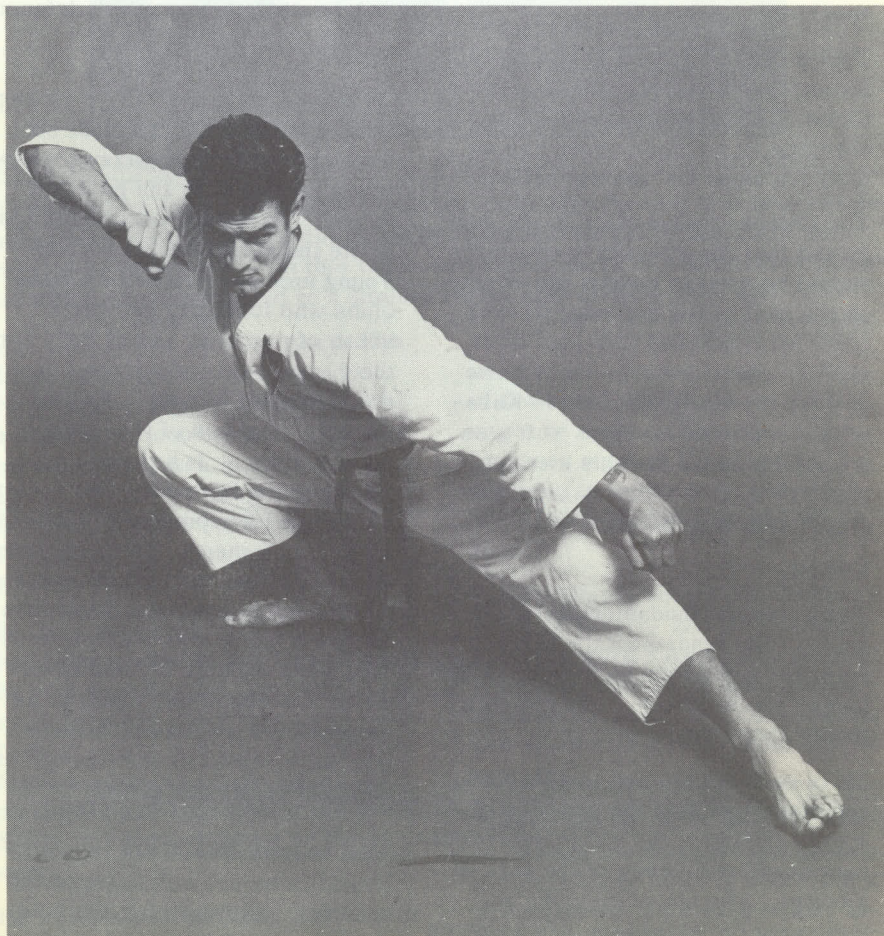
RESULTS

What tangible results have emerged from tuition in Karate from Mr. Suzuki's and Mr. Kanazawa's teaching in Britain over the past few years? Have they been beneficial to the individual and to society? Young men have come to Karate clubs who formerly had little sense of purpose, cared little for their physical condition and saw no reason for caring. Karate attracts very few of the 'muscle men' variety. It has been noted during these few years that a marked change has come over many of these young men. Their appearance has improved, their mental outlook brightened and taken on a keenness which they did not think they were capable of, and in addition a sense of belonging to an organisation and having friends who were linked to one through hard physical effort has grown.

Such results should not be overlooked in to-day's disintegrating society. They are not the sole prerogative of Karate to cultivate.

Judo, Rugby, Rowing, and many other sports and arts can produce such results. But to the adherents of Karate, these other sports are not their choice. Also, with the growing emphasis in Karate on the mental aspect, another opportunity has appeared to cultivate this aspect which the late Mr. G. Koizumi founder of Judo in Britain stressed for half a century both verbally and in his regular writings in the

BELOW: P. Spanton, 1st Dan, demonstrating Kata



JUDO BULLETIN of the Budokwai. In Judo circles it has fallen by the wayside, principally through lack of sufficient teachers who understood it, and then through over emphasis on the competitive side, which is a great pity.

AIKIDO

With the upsurge of interest in Aikido, combining with the mushrooming of Karate, there is even more likelihood of emphasis on the mental aspect.

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